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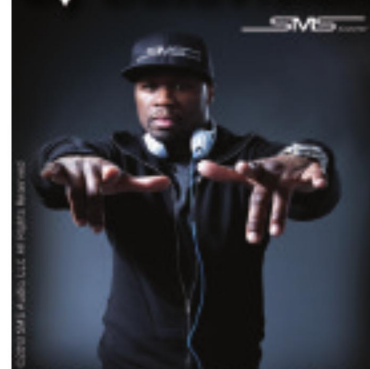
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How to color coordinate with the colors of the year. 30

City and Colour sets the mood. 27

Jets nearly crack top 10 in Power Rankings. 32

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BILL TO REJECT REFUGEES

1 Ted Cruz said that he introduced legislation to give governors the ability to opt out of refugee resettlement programs. Cruz said that if President Barack Obama wanted to send refugees to any state, his legislation would let its governor refuse, "to conclude that the federal government has not done a sufficient job ensuring that the safety and security of the citizens of the state will be protected." **REUTERS**



IRAN MISSILE TEST

2 The U.S. is reviewing and seeking to confirm reports that Iran launched a ballistic missile last month in violation of U.N. Security Council resolutions, U.S. Ambassador to the United Nations Samantha Power said on Tuesday. She added that if Washington confirmed the reports that Iran tested a medium-range ballistic missile on Nov. 21 in violation of U.N. resolutions, the United States would bring the issue to the 15-nation council and seek appropriate action. **REUTERS**

AOL TO CUT 100 JOBS

3 Digital media company AOL has laid off around 100 employees, mainly in its dial-up business, as it looks to eliminate overlap with parent Verizon Communications, Techcrunch.com reported on Tuesday. Caroline Campbell, an AOL spokeswoman, confirmed that the company was realigning its workforce. **REUTERS**



ALL PHOTOS BY GETTY IMAGES

7

**THINGS YOU
NEED TO KNOW**
**TRIBUTE TO
JOHN LENNON**

7 Fans of the late John Lennon gather around the "Strawberry Fields" tile mosaic in Central Park, which was created in tribute to the musician, to mark the 35-year anniversary of his death on Tuesday in New York City.

VISA WAIVER PROGRAM

4 The House of Representatives voted overwhelmingly on Tuesday to tighten restrictions on travel to the United States by citizens of the 38 nations who are allowed to enter the country without obtaining a visa. The bill, the second major piece of security legislation approved in the chamber since the Paris attacks, passed by 407 to 19. **REUTERS**



COP CRAIGSLIST ROBBERY

5 An off-duty NYPD officer shot and killed a man during a Craigslist robbery gone awry. The police officer arranged to meet a seller on 145th Avenue in Springfield Gardens, Queens, to inquire about a BMW listed for sale on Craigslist, two men arrived and showed the officer the car before one man pulled a gun on the officer. The suspects then took the officer's wallet, cops said. In response, the officer pulled his own gun and fired several rounds, hitting the robber. The suspect was taken to Jamaica Hospital where he died. **JASON NUCKOLLS**

HIGH HEEL-SAFE GRATES

6 The MTA introduced "high-heel-friendly" grates as part of the completion of a subterranean ventilation facility below East 55th Street. Work on the facility began in November 2012, according to the MTA. It was built beneath the roadway of 55th Street between Park and Madison. **CRISTABELLE TUMOLA**



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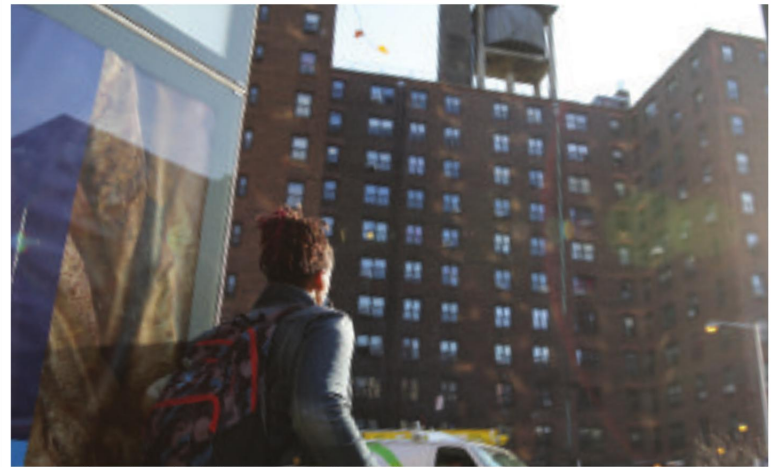
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A woman who works at a local school waits for the bus near the NYCHA's East River Houses. BESS ADLER

NYCHA residents still feel unsafe

A report found the NYCHA and NYPD failed to work together to keep public housing tenants safe from potentially dangerous neighbors.



TRACY LEE
@MetroNewYork
letters@metro.us

Public housing tenants said the New York City Housing Authority's efforts to keep them safe aren't happening fast enough.

Residents at Manhattan's East River Houses affirmed to Metro New York that a recent investigation into the NYCHA's stalled cooperation with the police department has put tenants in a dangerous situation.

On Tuesday, city investigators revealed a systemic breakdown in communication between the NYCHA and NYPD, reportedly allowing dozens of criminals to fall through the cracks and continue to live in New York City's public housing despite rules banning such tenants.

"We don't feel safe at all," said resident Kenny Ruid, 52. "There's too many shootouts, too many drug selling — all kinds of stuff."

Neighbor Pat Wilson, 53, said she never lets any of her children, the youngest being 8 years old, go wandering about without supervision. Even so, she took issue with

concerns that residents who do have criminal backgrounds aren't able to turn their lives around.

"People can change," she said, adding that people with less-than-perfect histories "need apartments like everybody else."

Beyond finding the NYPD's failure to alert NYCHA about residents with serious offenses, the Department of Investigations report released Tuesday also found that the housing agency didn't do enough to enforce its own policies to kick out potentially dangerous tenants.

NYCHA's preexisting policy to permanently exclude an individual offender from public housing — instead of evicting an entire family — was "essentially toothless" and allowed offenders to "return to NYCHA housing without consequences."

According to the investigation, that policy should have caught Tyrone Howard, the gunman arrested in October for the shooting death of Police Officer Randolph Holder, after Howard allegedly stole a bike.

Howard was staying at a distant family member's apartment at the East River Houses.

Investigators found that police failed to notify the NYCHA of Howard's three previous arrests between 2005 and 2009 on or near other public housing properties. It wasn't until a subsequent drug arrest in 2014, however,

"There's too many shootouts, too many drug selling — all kinds of stuff."

Ruid

that the housing agency appeared to take the first steps to evict Howard.

Both the NYPD and NYCHA have agreed to improve lines of communication — including computerized systems — over potentially dangerous residents, as well as what types of crimes warrant notices of trespass.

DOI Commissioner Mark Peters said the changes would "help close the gaps where criminals have been able to hide. They will make public housing safer for all of us."

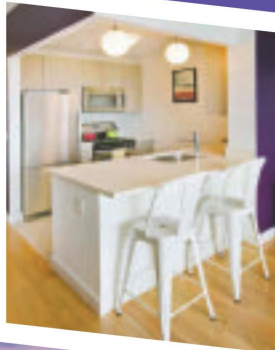
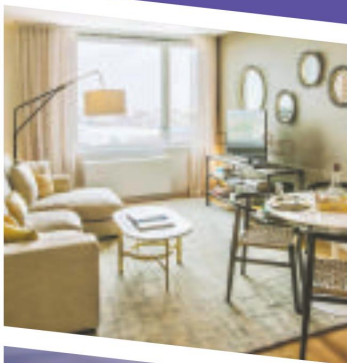
Back at East River Houses, 19-year-old Jessica Medina said she too has grown used to living in an unsafe situation, especially at night.

Still, she said she would hope that even if NYCHA might not prioritize certain cases that family members and friends who house formerly convicted tenants alert their neighbors.

"You never know what else can happen," Medina said. "You don't know if it can affect someone else's life."

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Council looks at immigration reform efforts



Council Speaker Melissa Mark-Viverito with young immigrants helped by the city's aid for undocumented and unaccompanied minors. WILLIAM ALATRISTE/NYC COUNCIL

City Council speaker said anti-immigration rhetoric from presidential candidates makes reforms more important than ever.



CHESTER SORIA
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A row of young immigrants who escaped violence in their home countries stood behind City Council Speaker Melissa Mark-Viverito inside City Hall in July.

All of the children were being helped thanks to the council securing almost \$2 million for legal assistance for unaccompanied minors. At the time, the speaker pleaded that the issue be humanized.

"Let's not forget that when these children were coming over the border, there were people within our country who rejected them, and used horrific language as if they were animals," Mark-Viverito said Tuesday.

The first Latina to hold the speakership, Mark-Viverito said that same rhetoric being bandied about by leading presidential candidates and their supporters makes the council's immigration reforms more important than ever.

New York City's long history and international reputation as an immigrant city are part and parcel to reforms instituted at a time headlines are crowded with references to refugees, border

walls and travel bans, the speaker said.

"The council has achieved so much in the last two years," said NYC Immigration Coalition Executive Director Steven Choi, "whether you're talking about access to legal services or the more symbolic issues around immigration rights."

Largely in lockstep with an immigrant-friendly agenda laid out by Mayor Bill de Blasio, the Council also overwhelmingly approved a municipal ID card program that registered more than 600,000 New Yorkers — including many otherwise undocumented residents.

The previous council, under Christine Quinn, often also in collaboration with former Mayor Michael Bloomberg, invested in reforms and programs targeting immigrant communities, including limiting cooperation between local authorities and the Immigration and Customs Enforcement agency, declining requests to detain suspects without a warrant from a federal judge.

But some observers take issue with the city's broader immigration reforms. Recently, lawmak-

ers rebuffed worries that the municipal ID bill included a sort of database kill switch in case a less immigrant-friendly White House took office come 2016.

"That displays an alarmingly obstructionist intent, but it is consistent with the city's move to block ICE from access to the jails, and to block corrections officers from communicating with ICE," said Jessica Vaughan,

"In two years, we've transformed the entire landscape of how the city integrates our immigrant communities."

Menchaca

a policy director for the Center for Immigration Studies, a nonpartisan group that supports limits on immigration.

"In two years, we've transformed the entire landscape

of how the city integrates our immigrant communities," City Councilman Carlos Menchaca told Metro.

Menchaca added that the committee was still mulling over a controversial bill that would explore giving noncitizen residents the right to vote in local elections, which he described as vital to increasing the civic participation of every New Yorker.

"We're going to continue to push the envelope on this," he said. "We know we're on the right side of history."



Michael Chernow ('08 grad), founder of The Meatball Shop and Seamore's in NYC

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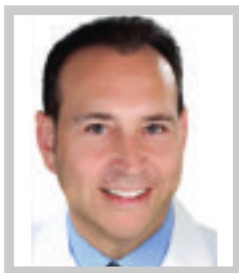
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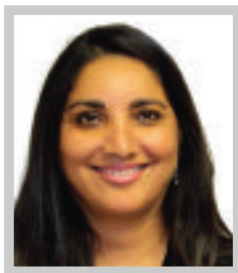
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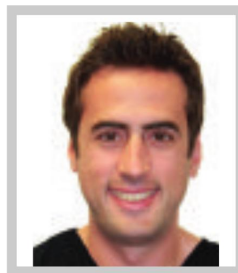
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Metcalf lit up every year

as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

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FILE PHOTO

Skelos extorted businesses to pay son: Prosecutor

Summations began Tuesday in the trial of former Senate Majority Leader Dean Skelos.

Former New York state Senate Majority Leader Dean Skelos used his official position to cajole companies into giving his son Adam consulting payments, a "no-show" job and a check all worth about \$300,000 in exchange for his political favor, prosecutors said on Tuesday as they wrapped up the case against them.

"Beginning in 2010, these two men began a multiyear scheme to corrupt one of the most powerful offices in our state," Assistant U.S. Attorney Rahul Mukhi said as the three-week trial in New York neared an end. "They did it by turning Sen. Skelos' office into a cash cow."

The defense, which has denied the existence of any quid pro quo arrangement, is expected to deliver closing arguments on Wednesday.



Dean Skelos GETTY IMAGES

"These two men began a multiyear scheme to corrupt one of the most powerful offices in our state." Mukhi

Skelos is the second powerful legislative leader to stand trial this year. Former State Assembly Speaker Sheldon Silver

was convicted last week in the same Manhattan federal court of collecting millions of dollars in bribes and kickbacks.

Together, the Silver and Skelos prosecutions represent the high point thus far in a broad campaign by Preet Bharara, the U.S. Attorney in Manhattan, to root out corruption in the state capital, Albany.

Silver and Skelos were two-thirds of the so-called "three men in a room," along with the governor, who wielded virtually absolute control over major legislation.

The closing arguments in the Skelos trial came after both Dean and Adam Skelos elected not to testify or call any witnesses in their defense. They have been charged with eight counts of bribery, extortion and conspiracy.

Defense lawyers for both men have argued that prosecutors have overreached.

"The government is trying to turn a very normal father-son relationship into a crime just because of who his father is," Christopher Conniff, Adam Skelos' lawyer, said in his opening statement last month. REUTERS

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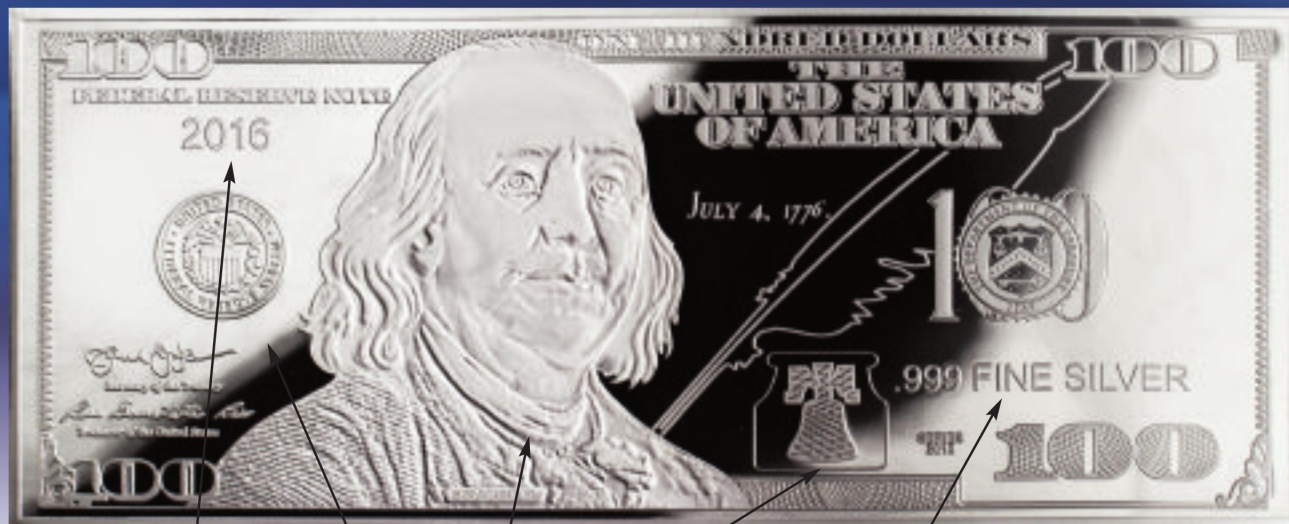
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Norovirus suspected at Boston Chipotle

The chain also has been battling an E. coli outbreak elsewhere in the country.

Eighty Boston College students fell ill after eating at a Chipotle Mexican Grill restaurant this past weekend, and early test results point to the highly contagious norovirus as the culprit, public health investigators said on Tuesday.

Chipotle, already grappling with a multi-state E. coli outbreak that has battered the burrito chain's sales and stock price, has temporarily closed the Cleveland Circle restaurant where the Boston College students reported eating.

The students are being tested for E. coli and norovirus, which both can cause severe vomiting and diarrhea. Those test results are not expected for at least two days, a university spokes-



Chipotle GETTY IMAGES

man said.

Chipotle on Tuesday said it would not shutter any other outlets in the Boston area.

"The pattern here looks like norovirus isolated to one restaurant," Chipotle spokesman Chris Arnold told Reuters.

uters.

The chain has been under a microscope since Oct. 31, when it was first linked to an E. coli outbreak that has sickened 52 people in nine states.

That outbreak was the company's third food

safety incident since August. It has raised concerns about potential reputational damage to the fast-growing brand that has won a loyal following for its food made with fresh produce, meats raised without antibiotics and ingredients

"The pattern here looks like norovirus isolated to one restaurant."

Arnold

that are free of genetically modified organisms, or GMOs.

In August, Norovirus was blamed for sickening nearly 100 people at a Chipotle restaurant in Simi Valley, California.

Norovirus is the most common cause of food-borne-disease outbreaks in the United States. It causes as many as 21 million illnesses annually, often in places such as hospitals, cruise ships and universities where people eat and live in close quarters.

Norovirus can persist in an environment for up to six weeks, said Benjamin Chapman, a food safety specialist at North Carolina State University.

"Every time you have a vomit event, you're looking at billions of [virus] particles, and it takes only a few to make you sick," said Chapman, who said it was too early to say whether the students got norovirus at Chipotle.

Stephen Anderson, an analyst at investment bank and wealth manager Maxim Group, said the Boston illnesses are a "near-term negative reinforcement" when viewed along with the E. coli outbreak and other health-related issues Chipotle has dealt with since the summer.

Chipotle's shares, which closed down 1.7 percent at \$542.24, moved marginally higher in extended trading on the norovirus test results. REUTERS

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BRIEF

Yale University instructor tied to campus race protest resigns: school

A Yale University instructor whose open letter suggesting that students had a right to wear even offensive Halloween costumes set off a wave of campus protests about racism has resigned, the ivy league school said.

Yale was one of dozens of U.S. colleges and universities where students protested in



Erika Christakis TWITTER

the fall about the legacies of racism on campus. The wave of demonstrations led to the resignation of the president of the University of Missouri and promises at Ivy League schools including Yale and Brown University to boost the resources they commit to promoting diversity.

Yale instructor Erika Christakis drew protests after she responded to a university missive urging students to avoid

Halloween costumes that could be construed as offensive with an email saying students have a right to be "obnoxious."

New Haven, Connecticut-based Yale said on its website late Monday that Christakis, was "highly valued and she is welcome to resume teaching anytime at Yale, where freedom of expression and academic inquiry are the paramount principle and practice."

REUTERS



Tashfeen Malik and Syed Farook passing through Chicago's O'Hare International Airport on July 27, 2014. HANDOUT

FBI looking into deposit in account

If the shooting proves to have been the work of people inspired by Islamic militants, it would mark the most lethal such attack in the U.S. since 9/11.

One of the Reuters government sources said Farook and Malik apparently pursued a scenario previously followed by U.S.-based militants by draining their bank accounts and taking credit lines to their maximums before embarking on what they believe was a suicide mission, knowing that they would not have to repay the debts.

Syed Rizwan Farook recently took out a \$28,500 loan from an online lender, a source said on Tuesday, before he and his wife killed 14 of his co-workers at a holiday party in San Bernardino, California.

Authorities have said Farook, 28, and wife Tashfeen Malik, 29, were radicalized Muslims. The FBI has said that the Dec. 2 attack is being investigated as an "act of terrorism."

While investigations into such attacks often focus on how they were financed, U.S. government officials said the Federal Bureau of Investigation's examination of the couple's finances has not linked them with any foreign group.

A source told Reuters that Prosper, a San Francisco-based online lender, made the \$28,500 loan to Farook. Prosper evaluates borrowers for loans, which are originated by third-party bank WebBank. Prosper then sells the loans to investors.

Fox News first reported on Monday that Farook engaged in transactions involving more than \$28,000 and that the money originated with WebBank.com around Nov. 18. It said investigators were trying to determine if the money was a loan taken out by Farook.

WebBank, based in Salt Lake City, did not immediately respond to a request for comment.

Farook, the U.S.-born son of Pakistani immigrants, and Malik, who was born in Pakistan and spent most of her life in Saudi Arabia, died in a shootout with police several hours after their attack last Wednesday morning at the Inland Regional Center social services agency in San Bernardino, about 60 miles east of Los Angeles.

Malik was believed to have pledged allegiance on Facebook book to the leader of the militant group Islamic State around the time of the shooting. REUTERS

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Trump GETTY IMAGES

Trump defends proposed Muslim ban from US as outrage mounts

Republican presidential candidate Donald Trump on Tuesday defended his proposal to ban Muslims from entering the United States, comparing his plan to the World War Two detention of Japanese-Americans and others in dismissing growing outrage from around the world.

The White House called on Republicans to say they would not support Trump, currently the party's front-runner for the November 2016 election. U.S. Homeland Security Secretary Jeh Johnson said his comments could undermine U.S. security.

The prime ministers of France and the United Kingdom, the United Nations, and Muslim residents of Asian countries all denounced the real-estate mogul's comments.

Trump said his ideas were no worse than those of then-President Franklin D. Roosevelt, who oversaw the internment of more than 110,000 people in U.S. government camps after Japanese forces bombed Pearl Harbor on Dec. 7, 1941.

"What I'm doing is no different than FDR," Trump said on ABC's "Good Morning America"

program.

Trump on Monday called for blocking Muslims, including would-be immigrants, students, tourists and other visitors, from entering the country following last week's California shooting spree by two Muslims who authorities said were radicalized.

It was the most dramatic response by a presidential candidate following the San Bernardino, California, shooting rampage, even as other Republicans have called for a suspension of President Barack Obama's plan to allow in some refugees from Syria.

Homeland Security Secretary Jeh Johnson said Trump's proposal could thwart U.S. efforts to connect with the Muslim community, and Secretary of State John Kerry said his ideas were not constructive.

A Trump campaign spokeswoman, asked for comment on U.S. officials' reactions, did not address their criticism.

White House spokesman Josh Earnest said Trump's comments disqualify him from being president and said other Republican candidates should disavow him "right now." REUTERS

BRIEF

US to propose major changes to vehicle crash ratings

Auto safety regulators on Tuesday called for a major overhaul to U.S. crash safety tests that will require automakers to add crash avoidance technologies to new vehicles if they want to gain the top, five-star ratings.

The U.S. National Highway Traffic Safety Administration is proposing three new ratings for cars and trucks on pedestrian safety, crash worthiness and

crash avoidance under its New Car Assessment Program, according to the 195-page proposal made public Tuesday.

"We're going to raise the bar," U.S. Transportation Secretary Anthony Foxx said, adding that the new "tougher" standards are more accurate and will prod automakers to do more, including to make safety technology standard on all new vehicles.

NHTSA's proposal would

push automakers to add advanced technologies including forward collision warning, lane departure warning, blind-spot detection, lower beam headlighting, semi-automatic headlamp beam switching, amber rear turn signals, rear automatic braking and pedestrian automatic emergency braking.

For the first time, NHTSA will base the crash test ratings for vehicles on whether the manufacturer has included

certain crash avoidance technology. Automakers covet five-star ratings, so the new measures could effectively require manufacturers to make technology currently offered as pricey options on some vehicles standard equipment on all vehicles. That could save lives, but add to the costs of new vehicles.

The new ratings are scheduled to take effect in the 2019 model year.

REUTERS

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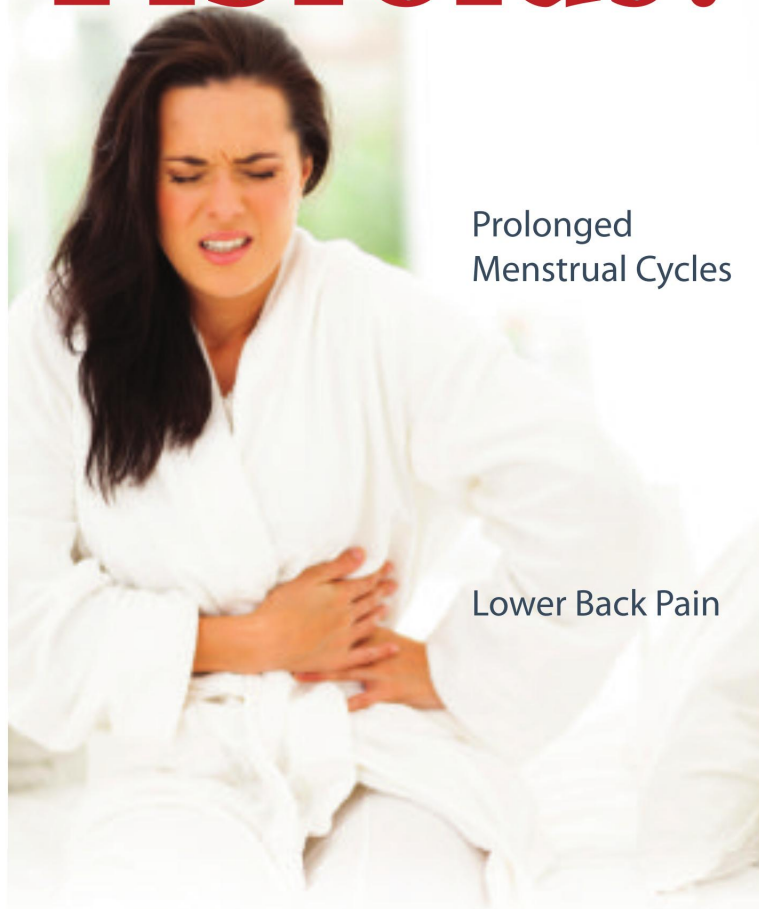
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"We have no choice but to do this. ... We have people that want to blow up our buildings, our cities. We have to figure out what's going on." Trump

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FIFA official Napout agrees to extradition to US: Swiss officials

FIFA Vice President Juan Angel Napout, head of the South American soccer confederation Conmebol, has agreed to be extradited to the United States in a corruption probe, the Swiss office of justice said Tuesday.

Napout, a citizen of Paraguay, was detained in Zurich last week on a U.S. warrant accusing him of accepting millions of dollars in bribes in connection with the sale of marketing rights to soccer tournaments in Latin America.

He and Alfredo Hawit of Honduras, acting president of the Concacaf soccer confederation, were arrested in a pre-dawn raid by Swiss police at a hotel near the headquarters of FIFA, which has been in turmoil since



Napout GETTY IMAGES

a first round of indictments and arrests in May.

Soccer bosses from across South and Central America were among 16 people U.S. prosecutors charged last week with multi-million-dollar bribery schemes.

Napout initially opposed extradition but agreed to a second

hearing Tuesday to go voluntarily, Switzerland's justice office said. It gave no details on when he would be handed over to U.S. authorities.

Swiss law mandates people being extradited must be collected by a U.S. police escort and taken to the United States within 10 days.

Corruption allegations prompted FIFA President Sepp Blatter to say in June he would resign only days after being re-elected to a fifth term.

Blatter, his deputy Jerome Valcke and European soccer boss Michel Platini have all been suspended by an internal ethics watchdog. None of them has been charged with a crime and all deny any wrongdoing.

REUTERS

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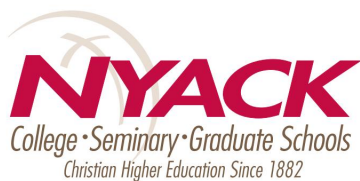
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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieve pain while you suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the country for this knee arthritis pain treatment and why waiting drastically decreases your chance to live a pain free life again

OsteoRelief Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery.

Please pay careful attention. What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.

And often gets results when many others have failed.

This is why patients come from all over the tri-state area

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will

"I cannot ask for better results"



Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three months before I made an appointment with OsteoRelief Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at OsteoRelief Institute were outstanding. I cannot ask for better results.**

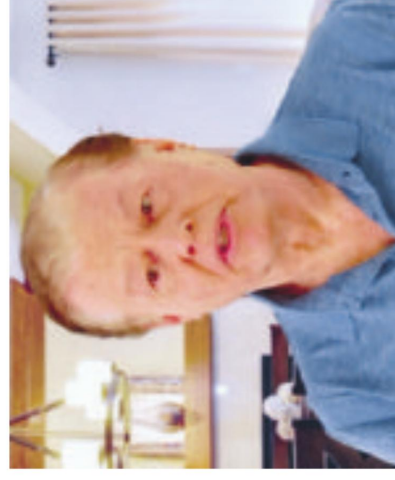
After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science.

Dr. Stanley Weiner

"I don't have any pain any more"



"Hey this feels terrific"



I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. OsteoRelief said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** I did both legs at once which is great. When I got up out of the chair I stood up and I said, **"Hey this feels terrific."**

"I feel like a new woman - It's amazing."



and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this.* Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pain and start living the life you want and deserve.

And please understand this:

One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

knee joint and the treatment will not work.

That's why the experts at OsteoRelief Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you had viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at OsteoRelief Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain: Special Your Invitation

OsteoRelief Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Institute. For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

After I had the treatments... the last three... I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain. I'm out there playing!

"I feel like a new woman"



I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

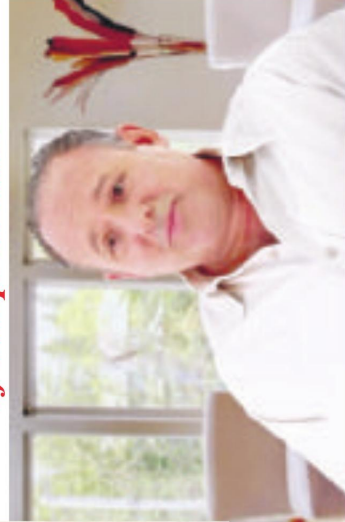


It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and **I couldn't do that for years and now I'm able to do it again.**



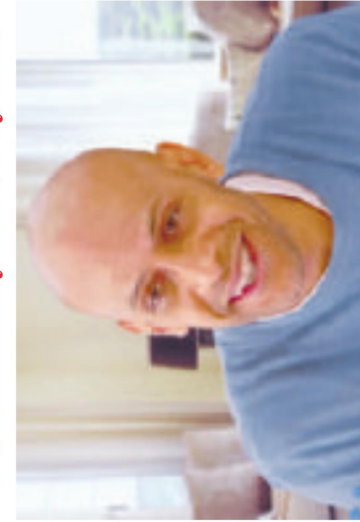
The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"



One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"



Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**



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Police commander on trial for putting gun in suspect's mouth

The trial in Chicago comes a day after the U.S. Department of Justice said it was conducting a civil rights investigation of the nation's third-largest city's police department.

A Chicago police commander who had been praised for his crime fighting in some of the city's roughest neighborhoods "crossed the line" into criminal conduct when he put a gun in a suspect's mouth, a prosecutor said on Tuesday.

Glenn Evans, relieved of his duties last year pending the outcome of his case, went on trial in Chicago on Tuesday for aggravated battery and offi-

cial misconduct in the Jan. 30, 2013 arrest of Rickey Williams, 25. Both men are black.

Evans' actions had "no legal justification," Cook County Assistant State's Attorney Frank Lamas told Judge Diane Cannon at the start of the bench trial.

Evans also put a Taser to Williams' groin during his arrest for reckless conduct, prosecutors said.

Evans' trial comes a day after the U.S. Department of Justice said it was conducting a civil rights investigation of the third-largest U.S. city's police department, including its use of force.

The amount of force that can be used by police officers has become a focus of national debate due to a series of high-profile police killings of black men in U.S. cities.

Evans' defense attorney, Laura Morask, said Williams had originally named another officer, and that the case was "built on nothing." Morask said Williams showed no signs of injury to his mouth from the alleged assault.

Williams took the stand on Tuesday, saying often that he did not recall details from the arrest or subsequent interviews with investigators.



"The defendant clearly crossed the line, hiding behind his badge and commander's title,"
Lamas

Evans has been the subject of several police misconduct lawsuits, according to local media reports.

The city has had nearly two weeks of protests following the release of a video of the shooting death of a 17-year-old black teen by a white police officer in 2014. The officer, Jason Van Dyke, was charged with murder in the shooting of Laquan McDonald on the same day the video was released. **REUTERS**

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BRIEF

Arizona man accused of killing ex-girlfriend with hammer, knife

A Phoenix man has been arrested on suspicion of first-degree murder after authorities said he lured his ex-girlfriend to his bedroom with the promise of a gift and attacked her with a roofing hammer and knife, court documents showed on Tuesday.

Caleb Shaffery, 25, was being held in a Maricopa County jail on \$1 million bond stemming from the killing at his Phoenix residence while the couple's three-year-old daughter was in another room, local authorities said.

Police said Shaffery admitted to getting ex-girlfriend Veronica McGarvey to go to his room on Sunday with the promise of a



gift and then struck "multiple times" in the head with a hammer he had planted there days earlier, according to the probable cause statement filed with the court.

He then removed a concealed knife and stabbed her in the chest and lower abdomen, the statement said.

Police said he left both weapons in the room, then walked his daughter to a neighbor's residence, contacted his mother and waited two hours before calling emergency dispatchers. Police said he was arrested on Sunday for the alleged murder at the scene.

Shaffery admitted to police that he had thought about killing the woman for years because he did not like her, the probable cause statement said. **REUTERS**

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Rockettes backstage



A view from backstage of the Rockettes performing the "Parade of the Wooden Soldiers" during the 2015 Radio City Christmas Spectacular at Radio City Music Hall. The Christmas Spectacular has been hosted annually at Radio City Music Hall since 1933. GETTY IMAGES

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Selfies under world scrutiny

People in London smile the least in their selfies, while Moscow's selfie takers are predominantly women dressed to the nines, says a researcher involved in setting up a London show about selfies.

For its new exhibition "Big Bang Data," Somerset House has commissioned "Selfiecity London," a spotlight on 640 selfies selected from 152,462 public Instagram images taken in a single week in September in a 2-square-mile radius of the museum. The show opens to the public Thursday.

The Selfiecity project is led globally by Lev Manovich, a professor of computer science at City University of New York's Graduate Center. Selfiecity's eight-person lab compiles and analyzes selfies from around the world; the five other cities so far are Bangkok, Berlin, Moscow, New York and Sao Paulo.

Manovich said the project was designed "to see if we can learn new things about cultural differences and cultural behavior" from selfies, and to make such analysis more democratic for people who lack deep knowledge of computing.

In that respect, he said the most important part of the "Selfiecity London" display was its interactivity function. On a touch screen, visitors can introduce filters and criteria — "people from London over 35," or "very small children" — and observe patterns and trends within that chosen subgroup.

Globally, the findings showed that "every city



The selfie findings show every city is unique. **TWITTER**

is unique," Manovich said.

People taking selfies in London smiled the least and closed their eyes the most, he said. By contrast, the highest percentages of "strong smiles" were to be found in Bangkok and Sao Paulo, whereas the ratios in Moscow and New York were "significantly" lower.

Russian women treat selfies "like a fashion magazine: They're always totally made up, and looking straight at the camera," Manovich said.

London selfie takers included more older men than elsewhere: The average male was 28 years old versus 26.3 for other cities. The youngest selfie takers

82%
MOSCOW HAD BY FAR THE HIGHEST PROPORTION OF FEMALE SELFIE TAKERS — 82 PERCENT

of all were to be found in Bangkok, where the average age for females was 20.3 and males 22.7.

The CUNY academic said his team had wanted to include Japan in the study, but couldn't because "when people pose for selfies, they're more elusive: They often don't show their full face, so the software couldn't deal with it."

REUTERS

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Jared Leto caves to irate Taylor Swift fans

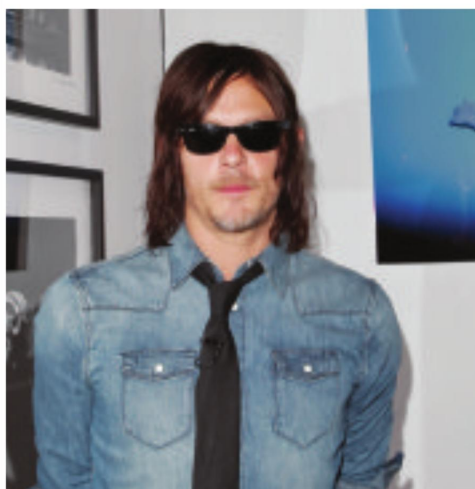
Those T-Swift fans can be tough, so be careful crossing them. At least, that's what Jared Leto has learned after a video from a few months ago of him listening to some Swift tracks for the first time and not being too impressed leaked online. "Oh, I don't like this at all. Next," he says while listening to "Welcome to New York." And though he had some nicer — if tepid — things to say about "Blank Space," the video ends with him declaring, "F— her. I don't give a f— about her." But apparently,

ently he does now, since her measured and totes reasonable fans mounted an online offensive against the "Dallas Buyers Club" star. Within hours of the video going viral, Leto tweeted, "The truth is I think Taylor Swift is amazing and an incredible example of what's possible. If I hurt her or her fans, my sincerest apologies."



ALL PHOTOS GETTY IMAGES

'Walking Dead' fan bites Norman Reedus



Being one of the stars of the world's biggest zombie drama, he really should've seen this coming. Norman Reedus was just enjoying a perfectly normal meet-and-greet photo session at a Walker Stalker convention — and clearly the name should've been a tip-off, too — when one particularly excited fan decided to lean in and try to take a bite out of his chest. Police and security stepped right in before any serious

damage could be done, though. While the fan's teeth definitely made contact with flesh, Reedus decided not to press charges because it was "only a nibble" and didn't break the skin, according to E! News. But still, the woman was kicked out and has since been banned from all future Walker Stalker cons and events where Reedus is in attendance. Did anyone suggest a head shot just to be sure?

Ava DuVernay's Barbie is the new Tickle Me Elmo

If you're one of the fans excited about the new Ava DuVernay Barbie, sorry — they're all sold out. The dolls inspired by the "Selma" director hit the Internet yesterday and were snatched up within a half hour. The doll, originally not for purchase, was created in April as part of Mattel's "Sheroes" collection, but fans loved it so much that Mattel



decided to roll it out just in time for the holidays. "People have really been talking about why they are embracing this doll, but it's certainly not about me. It's about the image. That's what they're responding to," DuVernay tells BuzzFeed. Proceeds from the doll go to two of DuVernay's favorite charities, Color of Change and Witness.

AMANDA VALENTOVIC



@HerelsGina

I'm on day three of Justin Bieber's new album binge and I feel like he is laughing at me "haha you are 31 and can't stop listening to me!"



@NiallOfficial

Here we are again, the usual I despise 7am. Jet lagged af



@KidCudi

Im glad so many people hate me. When im gone im sure ull be happy. I'll haunt u first.



@BetteMidler

It's the time of year when you see an old man in red, a youngster on his lap, asking for stuff. Hugh Hefner's latest marriage is going well!




@WhitneyCummings

Every time Anderson Cooper gets new glasses I feel like I've aged 10 years



@NicholasHoult

Thank you so much for the birthday wishes, love to all you wonderful people. I'm off eat myself into a cake hole....



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Did H&M just find the new 'It' designer?



Hannah Jinkins (center, with flowers) poses with the panel of judges. COURTESY OF H&M

At the 2016 H&M Design Award, the Swedish fast-fashion-retailer, alongside an A-list jury, looks for the future of fashion.

RICHARD PECKETT
@MetroNewYork
letters@metro.us

Fashion lovers, remember this name: Hannah Jinkins. The 24-year-old designer from London just beat out 400 design student's from all over the world to grab the top

prize at H&M's Design Award 2016.

To win the coveted prize — which includes \$54,000, a fall 2016 collaboration with H&M and a yearlong mentorship with the brand — Jinkins had to wow a jury of style arbiters which included Balmain's Olivier Rousteing (the brand's current collaborator), actress Kate Bosworth, H&M creative adviser Ann-Sofie Johansson and the blogosphere's biggest fashion star, Chiara Ferragni (The Blonde Salad).

The panel, who had already whittled down the competitors from 24 to eight semifinalists for a runway showdown at Kensington Palace in London, described the Royal College of Art student's workwear-inspired collection as "raw and refined."

Jinkins showed utilitarian looks, including oversize jumpsuits, selvedge denim and fisherman-esque smocks, some topped off with oversize brass staples.

"We're not looking for something commer-

Expert advice

Ferragni, who has more than 5 million Instagram followers, had some advice for Jinkins. "She needs to create her social media vision," said the blogger. "You have to think about how you want to portray yourself. If her clothing is worn by the right people — the cool people — it can be a powerful thing and send a product viral."

"It's a matter of being really close to your target group," added Johansson of the social media phenomenon. "We look to pop culture, which is picked up on the street, goes via the runway and back to the street."

cial at this point," said H&M Creative Adviser Margareta van den Bosch of Jinkins' aesthetic.

"If you have ideas, you can always make something out of it."

The overwhelmed winner said she's excited to see "how things can be commercialized. It'll be nice to see how people can wear [the collection] on an everyday basis." As for the cash prize? The designer intends to "invest it in her own brand, and maybe buy a puppy."



Looks from Hannah Jinkins' winning collection. COURTESY OF H&M



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City and Colour embraces the power of negative thinking

Dallas Green has a penchant for asking life's big questions. Here he tackles a few.



EMILY LAURENCE
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Dallas Green, the man behind City and Colour, is a master of melancholy. His music has traditionally explored themes from the more somber side of life. His latest album, "If I Should Go Before You," is no exception. We talked to Green about celebrating the negative — and the few things in life he knows to be true.

Life, death and love

Despite his heavy lyrics, Green says there isn't always a gray cloud hanging over his head. "When I pick up the pen, it's usually when I have something to say that's been bothering me," he says. "I like to write about those 'why are we here' moments. I always think about life and death because those are the two certainties that we have. The only two things we know for sure are that we are born and that we will die."

But of course Green doesn't write just about mortality; songs about love — though not always "love songs" — make up a bulk of the City and Colour library. "It's not a certainty, but there's a good chance in everyone's life that they are either going to fall in love or out of love with someone or



City and Colour's "If I Should Go Before You" debuted at number 16 on the Billboard 200 Chart. ALYSSA GAFKJEN

something," he says.

The album's title track is about all three themes: life, death and love. "It's about a love that's so strong it would outlast death," Green says. "It's stronger than both, life and death."

Impromptu counselor

Given his emotional lyrics, Green finds people turn to him in a time of crisis. "I talk to [people] every day at shows and they tell me some pretty heavy stuff," he says. Green struggles with being a shoulder to cry on. "I take on the burden of the situation because I don't want anyone to feel sad," he says.

"I can't fix [their problems], so I just try and listen and continue to write songs the best I

can, and hope they are good enough that someone can take what they need from it."

Just another day job

While Green's career as a musician has been successful for a decade, he still struggles with continuing. "I definitely have moments where I don't want to do it anymore," he says.

But there are still moments that he says make everything worthwhile. "The amount of times that I come off stage very happy are few and far between. But the ones that are unbelievable and an outer body experience are the ones that keep [me] interested, wanting to do it more and trying to re-create that moment."

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[Gottfried Lemperle, et al., "Anfill" Permanent Injectable for Soft-Tissue Augmentation: 1. Mechanism of Action and Injection Techniques, Aesthetic Plast Surg 2010 Jun; 34(3):264-72.]

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Francois Truffaut and Alfred Hitchcock talk shop in "Hitchcock/Truffaut," in theaters now. COHEN MEDIA GROUP

Cinema studies

Where did all the critics go?

It's interesting to think of this documentary in light of the changing face of film criticism.

Criticism is writing. Criticism is not passionately expressing your opinion in 160 characters. It's writing, and writing is rewriting. And it's also thinking through with the writing. It's not being in junior high school and coming up with your thesis and how you're going to elaborate your points. There's a lot of that nowadays. What was once known as the critical establishment just doesn't exist anymore. It's been decimated.

Kent Jones takes a fresh look at film history with "Hitchcock/Truffaut."



NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Kent Jones' new documentary "Hitchcock/Truffaut" offers both a look inside one of the most notable meetings of the minds in film history — Francois Truffaut interviewing Alfred Hitchcock at length about his entire filmography — as well as an examination of how the resulting book, published in 1966, continues to inspire filmmakers today.

Why do you think this book struck such a chord with filmmakers and fans in a way few other similar works have?
It reflects the moment that it came out of. Truffaut was in New York doing interviews for

"Jules and Jim" and was asked, "Who are your favorite filmmakers?" "Well, Alfred Hitchcock." "You must be joking." And then Truffaut just lectured the guy for an hour, then realized he needed to correct this assumption. And he put the equivalent of the effort you'd put into making two films into making that book. That's unheard of. That's not true of other film books.

Whenever Hitchcock stops the recording or goes off the record, what do you imagine they're saying?

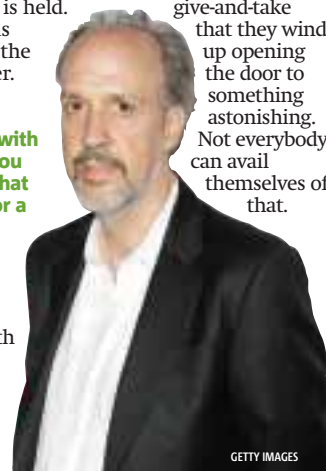
When he's telling the story about the erection and Jimmy Stewart in "Vertigo," obviously something happened on the set or something. I don't know. Maybe he knew a movie star who remade a woman and then got a hard-on while he was waiting for her to come out of the bathroom; I have no idea.

And then there's the "Do you consider yourself a Catholic filmmaker?" question. In both cases, I really like ellipsis. I just think it's a very powerful thing. I like ellipsis, and I like concision. I've never made a movie that's over 80 minutes. I spend a lot of time in the cutting room making things function. You want to build an ecology where everything is held. I think that ellipsis creates a space in the mind of the viewer.

Hitchcock was notoriously testy with some actors. Do you have a sense of what is the right way for a director to work with actors?

First of all, I think a lot of what Hitchcock says about working with actors is bulls—. "Actors are cattle" is just a good line. But I don't think that there's a

right way or a wrong way. I do think, as Scorsese says in the documentary, the valence shifted after the war. And I think that there are these kinds of peaks that have occurred with Marty in "Raging Bull" and "Goodfellas" and with Paul Thomas Anderson in his last three films where the way that they work with actors is so much of a give-and-take that they wind up opening the door to something astonishing. Not everybody can avail themselves of that.



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The women of 'Star Wars'

Last weekend, I was lucky enough to attend the press day for "Star Wars: The Force Awakens," J.J. Abrams' take on the series. This time around, we're getting a lot more women in "Star Wars," and I want to give you a taste of what they said about their roles, the film and girl power.

Carrie Fisher talked about being one of the first kick-ass women onscreen. "I am the beginning of girl power. Deal with it! I got to be the only girl on the all-boys set. It was really fun to put things in their drinks and stuff like that," she said. "Of course, we drank through the whole [original] trilogy! This was a sober set, so that's what J.J. brought: sobriety!"

And Leia still isn't afraid to stand up to men. "She takes on the physical power and screams at them until they pass out," Fisher said. "Trust me, I make fun of them. That was what was really fun about doing anything girl power-esque — was bossing the men around. I know a lot of you women out there haven't done that yet, and I encourage you to do so. Try it this afternoon."

Oscar winner Lupita Nyong'o, who plays Maz Kanata, told the crowd that despite her character being created through motion capture, Abrams had her on set for principle photography. "The thing that attracted me to doing motion capture [was] the idea of working on a character that wasn't limited

JENNA BUSCH

Geek Girl in Hollywood

Jenna Busch takes on the way pop culture snubs its female fans. For more columns, visit Metro.us/jenna-busch as well as her site, [Legion of Leia](http://LegionofLeia.com) (LegionofLeia.com)



to my physical circumstances," Nyong'o said.

Daisy Ridley, who plays Rey, one of the new batch of heroes, talked about having a role model — and becoming one herself. "Well, obviously Princess Leia was a role model for girls across the years, and I'm definitely not there yet," Ridley said. "But I think Rey will be something of a girl power figure. ... She's brave and she's vulnerable and she's nuanced. ... It just so happens that she's woman. She transcends gender. She's going to speak to men and women."

Gwendoline Christie will bring something entirely new to the "Star Wars" franchise.



Daisy Ridley plays Rey, one of the new female characters in "The Force Awakens," which opens Dec. 18. **LUCASFILM**

She plays Captain Phasma, the series' first screen villain, and it doesn't matter that she's a she. "The response from the audience and the fans has been so celebratory, it makes me think that this is the kind of thing that people want to see," Christie told the crowd. "People want to see a more diverse reflection of society. And I feel incredibly privileged to play that part."

May the Force be with you.

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If you want to use both, incorporate neutrals and deeper hues to avoid looking dated. "Serenity and Rose Quartz are very similar in tone so I could see pairing these with a bolder hue, like a deep cocoa or charcoal, and a pale canvas like a chilly white," says Donelson. "Those neutrals would do a nice job of taking the sweetness factor down a notch."

home

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Rose Quartz and Serenity are a soothing, gentle departure from years past. Here's how industry experts see the shades in your home.



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What will 2016 look like? According to the Pantone Color Institute, a puff of cotton candy.

For the first time in its history, the New Jersey-based firm has awarded two shades its coveted "Color of the Year" title: Rose Quartz (a light, dusty pink) and Serenity (its blue counterpart).

After years of bolder,

richer selections, the soft hues are almost jarring, but they've been slowly sneaking onto runways and into photo shoots for months. Sophie Donelson, editor in chief of House Beautiful, wasn't surprised by the change of direction. "I've been seeing a lot of designers use what I call 'sea glass' hues — gentle washes of color — to create rooms that reveal themselves over time," she says. "It's not about garnering a whiz-bang reaction, but developing a palette that's peaceful without being sleepy."

Interior designer Tara Mangini, co-owner of New York-based boutique firm Jersey Ice Cream Co., already knows her way around Rose Quartz. "We used a

pink couch on a project last year, and then did a pink plaster kitchen on the next, and I totally loved both," she says. "Years ago I wanted to paint my apartment pink and everyone scoffed at me, so I feel like this is my moment of redemption."

As for Serenity, well, if you're having trouble imagining your junior prom gown trending, you're not alone. But according to Mangini, it's probably only a matter of time. "Serenity, I'm not so hot on," she says. "But I read some quote by Yoko Ono about how she was really into pink for her last project, and now is obsessed with blue. So I'll be loving blue a year or two from now."

Shop the trend

Boconcept pink throw, \$99, Boconcept.com

Ikea Leifarne chair, \$59, Ikea.com

Smeg 2-slice toaster, \$149.95, Smeg.com

H&M linen cushion cover, \$12.99, HM.com



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Millennial buyers settle into NYC

Despite the prospect of student debt and skyrocketing prices, millennials are increasingly buying homes in New York City.

"They're the largest generation after the baby boomers," said veteran real estate agent Ogden Starr of Brown Harris Stevens. "They're getting older and they're going to settle down, and it's something real estate should pay attention to."

Many of them are house hunting in the outer boroughs, particularly Greenpoint, Park Slope, Crown Heights and Ditmas Park in Brooklyn, and Sunnyside in Queens.

Developers have been responding to this trend, according to Starr, and are "making buildings with smaller units" — two bedrooms, one bedrooms and studios.

These units tend to average from \$800,000 to \$1 million and are mainly condos. The convenience of being near work is important to millennials,

Starr said. "The suburbs of New York City are very expensive also."

After renting for just two years, Eric Vaheb, 24, decided to invest in his own place in Hoboken, New Jersey, just across the river from his job and nightlife in Manhattan.

"Instead of putting [my savings] in the market, I wanted to put it in something that would save day-to-day expenses for me. Also interest rates are ridiculously low, so I

knew if I waited it would be too late," said Vaheb.

Joanne Santaniello spent 12 years renting before the married 32-year-old decided to purchase a one-bedroom co-op in Kew Gardens, Queens.

"I wanted to stop wasting money on rent and start building equity," she said. "My career has me locked to the city, and a nice commute is important to me."

Her best advice for first-time buyers?



Millennials are exploring the outer boroughs for homes. GETTY IMAGES

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Rangers centers step up sans Stepan

The Blueshirts have weathered the storm since No. 21 went down.

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There was a great deal of concern when Derek Stepan went down with an injury in a game against the Bruins on Nov. 27, and the Rangers' worst fears were realized when it was revealed he would miss four to six weeks with broken ribs. The Rangers looked like a team without a rudder in the week that followed, with a listless 3-0 loss to the Flyers, followed by a close win over the woeful Hurricanes (in which defenseman Kevin Klein strained an oblique from which he won't recover for at least another week) and back-to-back losses to the Islanders and Avalanche.

But the Rangers' 4-1 victory over Ottawa on Sunday, in which they dominated the entire 60



Derrick Brassard has excelled in recent weeks. GETTY IMAGES

minutes, offered a sign that the Blueshirts won't collapse with the loss of their No. 1 center.

"It's funny how quick things change in sports, especially in hockey," Henrik Lundqvist told reporters after Sunday's

victory. "We went from feeling really good, and then you start questioning things in just a couple days. So you just have to work on that every day to get it back and to feel good about yourself and the game."

Lundqvist, of course, has been his usual brilliant self, but the Rangers' centers have stepped up and made the most of their extra opportunities without Stepan in the lineup.

Derrick Brassard had

two goals in the Rangers' shellacking of the Senators, and has peppered opposing netminders with 19 shots in the five games Stepan has missed so far. All told, Brassard has three goals and two assists in his last five

games, taking advantage of his extended ice time (he saw a season-high 20 minutes of action in last week's tilt with the Islanders, then topped that mark by over a minute the next night against Colorado).

Rangers rookie Oscar Lindberg has also gotten in on the act, contributing two goals in the last five games while seeing increased ice-time: Lindberg played a season-high 17:15 in Sunday's clash with Ottawa. He has 13 shots in the last three games and is shooting an incredible 18.9 percent on the season, second only to Mats Zuccarello, the Rangers' leading forward in points and goals (22 and 11, respectively). Lindberg leads all NHL rookies with 10 goals on the season.

The Rangers, clinging to a tenuous division lead of one point over Washington, play five of their next six games on the road, but against some mediocre Western Conference opponents (including the lowly Oilers). A showdown with the Capitals looms on Dec 20.

NFL power rankings | by Luke Miller

No. 1

Panthers
(12-0)



The Panthers survived both of their closest calls this season on Sunday when they overcame the Saints' fast start and Cam Newton passed the concussion protocol. Only Atlanta, the Giants and Tampa Bay stand between Carolina and an undefeated regular season.



No. 4

Bengals
(10-2)



The Bengals' remaining schedule includes what looks like two easy victories — San Fran and Baltimore — and two games of monumental importance. The first, next week at home, could bury the Steelers. The second, on Dec. 28 in Denver, could decide home field in the AFC.

No. 6

Chiefs
(7-5)



The Chiefs are the reverse Falcons. During Kansas City's win streak, Jeremy Maclin has blossomed in to exactly the receiving threat the Chiefs desperately needed when they signed him. Their remaining schedule makes 11-5 an equally realistic and amazing outcome for this season.

No. 8

Steelers
(7-5)



This offense is nutty good, and apparently doesn't even need Le'Veon Bell to be dominant. DeAngelo Williams is averaging a full yard more per carry than Jonathan Stewart back in Carolina. Next week comes Pittsburgh's last stand in the division, against Cincy.

No. 10

Vikings
(8-4)



That was one ugly loss to the Seahawks. Only a second half kickoff return by Cordarrelle Patterson got the Vikings on the scoreboard. That said, this is what will happen to the offense when the Vikings fall behind early and Adrian Peterson gets only, say, eight carries.

No. 2

Broncos
(10-2)



Denver's defense is still playing lights out (as it has for most of the season) and Brock Osweiler is the game manager they need to get wins out of their play. The looming showdown between the Broncos and Bengals is looking more and more like it will decide homefield advantage in the AFC.

No. 3

Cardinals
(10-2)



No Chris Johnson? No Andre Ellington? No problem. The Cardinals still ran for 175 yards on their way to 524 yards and a complete dismantling of one of the only two teams to beat them all this season. And they only allowed 212 yards. Man, this team is balanced.

No. 5

Patriots
(10-2)



Sunday's home loss to Philly was the first proof that Tom Brady can't do it all on his own. With New England down a few strings on offense, receivers were breaking off routes and dropping passes Sunday, but mostly they were putting the Patriots' march to home-field advantage in serious doubt.

No. 7

'Hawks
(7-5)



Throw this column on the pile that may have prematurely buried the defending NFC champions. With recent wins over the Steelers and Vikings, the latter in absolutely dominant fashion, the Seahawks have proven that yes, they can beat really good teams. They're getting hot at the right time.

No. 9

Packers
(8-4)



I know. How far is it fair to drop a team for actually winning? But last week's win over Detroit was another uninspiring performance by the Packers until Aaron and Richard Rodgers contributed some magic at the end. They face the Cowboys, Raiders and Cardinals in the next three weeks.

No. 11

Jets
(7-5)



Ryan Fitzpatrick sure looks capable of putting a team on his shoulders this season. The Jets are a different team with him at QB, and what he brings was on display in the fourth quarter and OT against the Giants. Brandon Marshall has done all the right things this season as well.



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 310 Malcolm X Blvd., Brooklyn, NY
 11233, Kings County, for on-premise
 consumption. 373 Decatur Str. Inc.

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 that a license, Number 1289631, for
 On Premise Liquor has been applied
 for by the undersigned to sell Beer,
 Wine & Liquor at retail in a Karaoke
 Bar under the Alcoholic Beverage
 Control Law, at 149-14 41st Ave.,
 Flushing, NY 11354, for on-premises
 consumption. CSJ 149 Corp.

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 of RYUMAN REALTY LLC.
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 filed with the Secy. of State
 of New York (SSNY) on
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 against it may be served.
 SSNY shall mail process to
 the LLC c/o 737 East 219th
 Street, Bronx, NY 10467.
 Purpose: any lawful activity.

NOTICE OF FORMATION
 of RYU 3RD REALTY LLC.
 Articles of Organization
 filed with the Secy. of State
 of New York (SSNY) on
 10/08/2015. Office location:
 Bronx County. SSNY is
 designated as agent of
 LLC upon whom process
 against it may be served.
 SSNY shall mail process to
 the LLC c/o 737 East 219th
 Street, Bronx, NY 10467.
 Purpose: any lawful activity.

NOTICE OF FORMATION
 of 3844 WHITE PLAINS
 HOLDINGS LLC. Articles of
 Organization filed with the
 Secy. of State of New York
 (SSNY) on 08/27/2015. Office
 location: Bronx County.
 SSNY is designated as agent
 of LLC upon whom process
 against it may be served.
 SSNY shall mail process to
 the LLC c/o 737 East 219th
 Street, Bronx, NY 10467.
 Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN
 that a license, Number 1289764,
 for Beer, Wine & Liquor has been
 applied for by the undersigned
 to sell Beer, Wine & Liquor at
 retail in a Restaurant under the
 Alcoholic Beverage Control Law
 at 930 Fulton Street, Brooklyn,
 NY 11238, for on premises
 consumption. St James 930 LLC.

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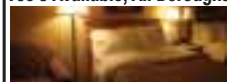
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Hexagon Word



Clues:

1. Torrid
2. Travel by sea
3. Non-liquids
4. Courtroom panels
5. Cat's brood
6. Playful

Use the clues to fill in the spaces in the numbered hexagons. Each answer runs clockwise but can start anywhere in the shape. Where hexagons touch, they have the same letter. We've given you the first answer. The letters in the middle hexagon reveal a mystery keyword.

Mix 'n' Match

BRI	LLF	ERS
CUS	SON	IAN
RES	ALY	ENT
PER	TOM	ANT
TRE	SIC	DED
POI	PON	ING
PAR	FEC	ISH
SHE	ATM	ZED
PHY	LLI	TLY

Clues:

1. Edible crustaceans
2. Killing with arsenic
3. Immobilized
4. Clients
5. Medical doctor
6. Flawlessly
7. Therapy
8. Extremely intelligent

Take a set of letters from each column and combine them to form a nine-letter answer to each clue. Once finished, the remaining sets of letters will spell out another nine-letter word. This is your answer

metro.us/crossword

Across

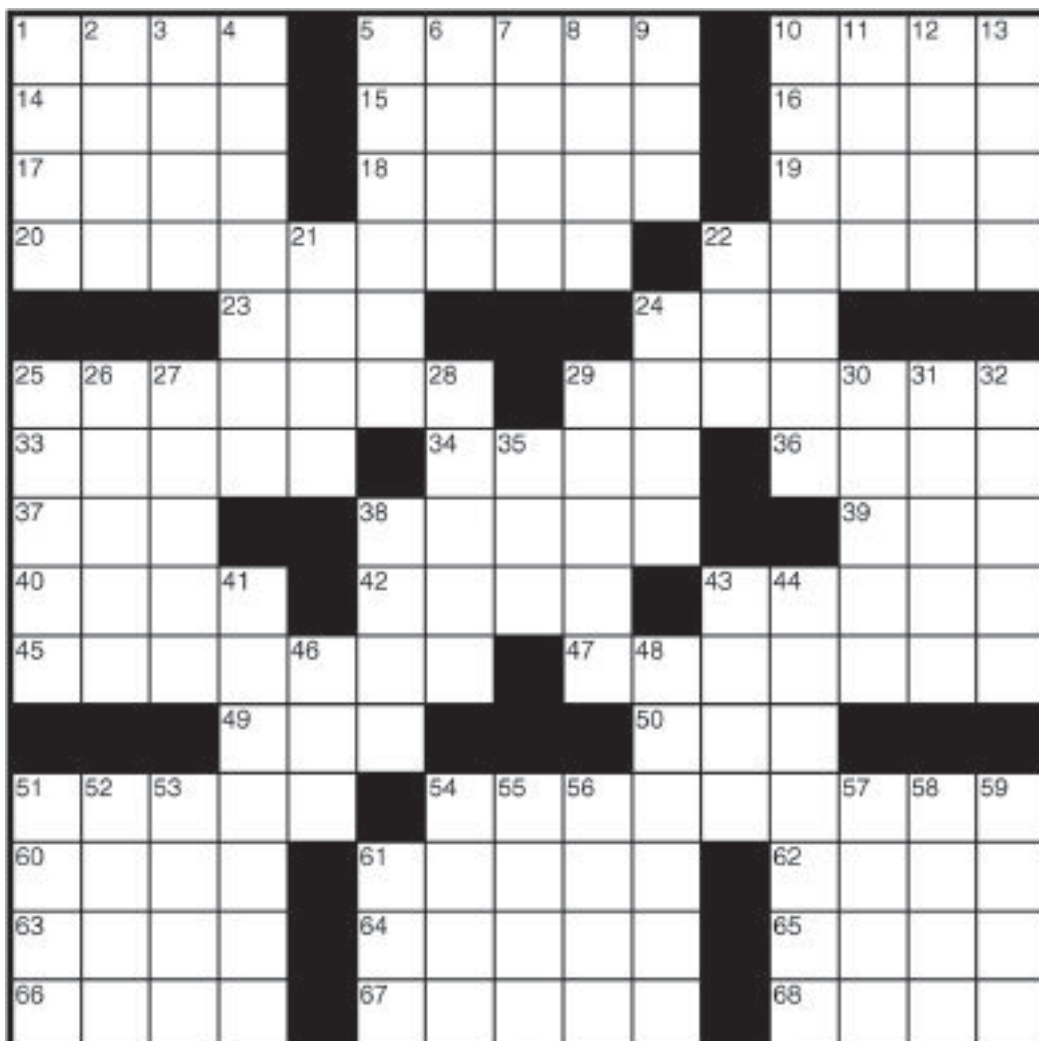
- 1 Stew over
- 5 Harebrained
- 10 Not bogus
- 14 Kinks' hit tune
- 15 "Do — — a Waltz?"
- 16 Unit of land
- 17 Off. helper
- 18 Domains
- 19 Stuffed shirt
- 20 The facts (2 wds.)
- 22 Future fries
- 23 Luau welcome
- 24 Ja, to Jacques
- 25 Political thaw
- 29 Meeting musts
- 33 Uncanny
- 34 Midway attraction
- 36 Gold-coated
- 37 Big Band —
- 38 Bert's pal
- 39 Airline ticket word
- 40 Euro casualty
- 42 Came to
- 43 Fountain in Rome
- 45 More verdant
- 47 Led down the aisle
- 49 Med. personnel
- 50 31-day mo.
- 51 Turn (2 wds.)
- 54 Places for skis (2 wds.)
- 60 Grad
- 61 Market worth
- 62 — de France
- 63 Caveman discovery
- 64 Like helium
- 65 Civil offense
- 66 Vain dudes
- 67 Young girl
- 68 Film terrier

- 3 Adamson's lioness
- 4 Snitch
- 5 Blockhead
- 6 Slangy refusal (hyph.)
- 7 Trillion, in combos
- 8 Roosevelt's successor
- 9 Cen. fractions
- 10 Seance sound
- 11 Grayish-brown
- 12 Parched
- 13 Lower limbs
- 21 Cellphone button
- 22 Drag into court
- 24 Curved molding
- 25 Opposite of roam
- 26 Spine-tingling
- 27 Glittering adornment
- 28 Fielder's blunder
- 29 Leave-taking
- 30 Man in a wet suit?
- 31 Still breathing
- 32 Placid
- 35 Shirt-pocket stain
- 38 Wool producers
- 41 Chalets, often (hyph.)
- 43 Wk. day
- 44 Sailing event
- 46 Mich. neighbor
- 48 Kind of pin
- 51 Iron fishhook
- 52 Potpourri
- 53 Dinner-table faux pas
- 54 Rajah's spouse
- 55 Fiesta cheers
- 56 Not theirs
- 57 Murmurs sweetly
- 58 Mr. Vonnegut
- 59 Baja Ms.
- 61 Vigor's partner

Down

- 1 Defect
- 2 — Hashanah

FOR THE ANSWERS
TO TODAY'S PUZZLES,
metro.us/games





metro.us/horoscopes

- Aries** Prepare for the festive season. Financial gains look promising, with many contracts, settlements and winnings heading your way.
- Taurus** Make a point to share your thoughts. The support you receive and the input that's offered will give you the momentum you need.
- Gemini** Take on a challenge, but don't underestimate any opponent you face. Positive change is heading your way. Prove that you are responsible.
- Cancer** Getting together with old friends or reminiscing about the past will spark new enthusiasm and lead to the revival of hobbies.
- Leo** Being productive will make you look good and help you avoid troublesome emotional encounters. Listen to the voice of experience.
- Virgo** You should delay making a decision if you have doubts about the situation. It's better to be safe than to appease someone.
- Libra** Taking a trip or expanding your knowledge will spark interest in an unusual vocation. Consider your options and moneymaking ideas.
- Scorpio** Don't be afraid to be different. It's your special way of doing things that attracts interest and attention. Romance should take top priority.
- Sagittarius** Rumors will circulate if you haven't been honest with someone. Caution must be taken while traveling with authoritative individuals.
- Capricorn** You will feel relieved and in the mood to celebrate with someone you love once the work is done. Plan something lavish.
- Aquarius** Size up your situation and make decisions based on your findings. Don't let your emotions lead you down the wrong path.
- Pisces** You'll have a creative way of dealing with personal matters. Your actions will play important roles. Love should take precedence. **EUGENIA LAST**

metro.us/sudoku

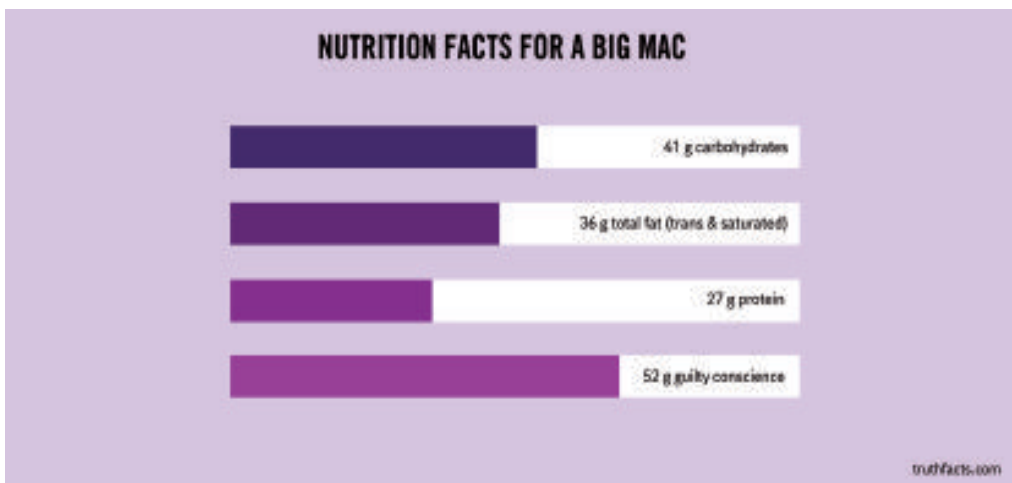
easy

	1			7	6	3	5	
6								
2	3	4			9		7	
4				9			2	
			6	8	3			
	8			2				6
	4		7			5	1	2
								7
	2	7	4	6			3	

hard

		2	8		5		9	
9			4			3		5
		5	9			4		
			1		6	2		8
				2				
7		1	5		9			
		6			4	1		
2		7			1			9
	4		2		8	5		

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